

# Parent Connection

A Quarterly e-Newsletter  
for Parents

October—December 2011  
Volume 1, Issue 1

Child Care Council of Dutchess &  
Putnam, Inc.

## Parent Education Opportunity

**November 2, 2011**


*“Putting the Pieces Together...  
Solving the Child Care Puzzle”*

6:30 PM—7:30 PM

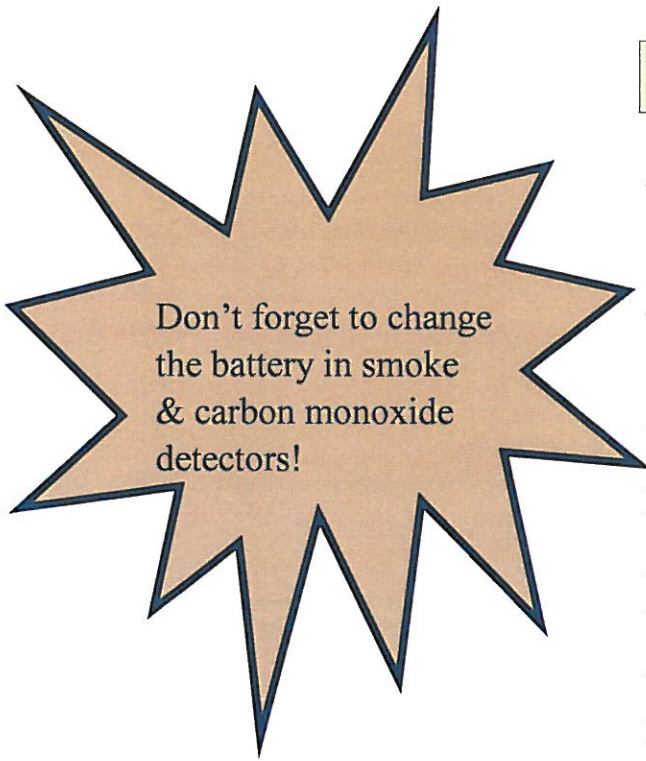
The Child Care Council will be hosting a one hour presentation about the challenges associated with finding child care. Topics will include finding quality child care, the cost of care, and how to promote positive provider and parent relations. For more information or to reserve a spot, please call (845) 473-4141!

### In This Issue...

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Day light savings time  
ends November 6<sup>th</sup>!



Don't forget to change  
the battery in smoke  
& carbon monoxide  
detectors!

## Special Interests

### *Developing Good Home- work and Study Habits*

Create an environment that is conducive to doing homework. Youngsters need a permanent work space in their bedroom or another part of the home that offers privacy. Schedule ample time for home-

work.

Establish a household rule that the TV set stays off during homework time.

Supervise computer and internet use.

Be available to answer questions and offer assistance, but never do a child's homework for her.

Take steps to help alleviate eye fatigue, neck fatigue

and brain fatigue while studying. It may be helpful to close the books for a few minutes, stretch, and take a break periodically when it will not be too disruptive.

If your child is struggling with a particular subject, and you aren't able to help her yourself, a tutor can be a good solution. Talk it over with your child's teacher first.

# Parent Education Opportunities

CCCDP is now implementing a parent education program to meet the unique needs of parents in our surrounding communities. Our goal is to connect parents with valuable community services and resources that offer information about parent education. Here are some parent education opportunities available in the community.

## The Center for the Prevention of Child Abuse

The Center for the Prevention of Child Abuse aims to bring community-wide awareness about issues related to child abuse, while ensuring childhood victims receive necessary support and services. Visit their website for more information about parent education classes.

Call for more information. (845) 454-0595

### Parent Empowerment Program

Men's Group - Tuesdays 4:30 PM & 6 PM

Women's Group - Mondays 10 AM & Tuesdays @ 4 PM & 6 PM

### P.A.R.E.N.T.S. Plus

Men's Group - Tuesdays 4:30 PM & 6 PM

Women's Group - Mondays 10 AM & Tuesdays @ 4 PM & 6 PM

Special Needs Parenting Program is also available. Call (845) 454-0595

All parent education classes at 249 Hooker Avenue, Poughkeepsie, NY 12603

[www.preventchildabusedutchess.org](http://www.preventchildabusedutchess.org)



## Vassar Brothers Medical Center

Vassar Brothers Medical Center is a 365 bed facility that has been serving New York's Mid-Hudson Valley since 1887. Located on the banks of the Hudson River, Vassar Brothers has established centers of excellence in cardiac services, cancer care and women and children's health services. Call for more information. (845) 454-8500 ext. 72385

\*The following meets at Joseph Tower Auditorium—45 Reade Place, Poughkeepsie, NY 12601

**Cub's Place** (*For children who are coping with serious family illness or crisis*): Meets Monthly

**Autism Support Group**: Meets Monthly

**Juvenile Diabetes Support Group**: Meets Monthly

**ADHD Support Group**: 11/2/2011 from 7-8:30 PM

**Asthma Support & Education Program\*** 11/5/2011 from 1-3:30 PM

\*Meets at 29 Fox Street, Poughkeepsie, NY, 12601

[www.health-quest.org](http://www.health-quest.org)



# Parent Education Opportunities (Continued)

## Cornell University Cooperative Extension Dutchess County

The Family & Consumer Education Program, works to improve the well-being of Dutchess County families, individuals, youth and communities through education and change facilitation in the areas of financial management, nutrition, health and parenting. Call for more information. (845) 677-8223

### Coffee and Conversation Group Locations and Meeting Times

Poughkeepsie Area (RAPP\* Youth Meets) **second Tuesday** of every month from 6-7:30 PM @ St. Paul's Episcopal Church 161 Mansion Street, Poughkeepsie NY, 12601

Eastern Dutchess (RAPP Youth Meets) **first Wednesday** of every month from 5:30 - 7:30 PM @ South Amenia Presbyterian Church 229 South Amenia Road, Wassaic, NY 12592

Southern Dutchess (For Kin-givers Only) meets **third Thursday** of every month from 11-1:00 PM @ St. Mary's Church in Fishkill, 103 Jackson Street, Fishkill, NY 12524

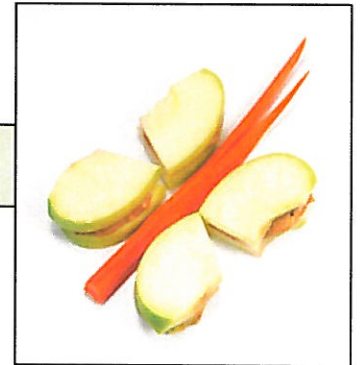
\*Relatives As Parents Program

[www.ccedutchess.org](http://www.ccedutchess.org)

## Astor Services for Children & Families

Astor Services For Children & Families is a community based, non-profit organization that provides children's mental health services, child welfare services, and early childhood development programs. Astor serves children and families in New York State's Mid-Hudson Valley region and the Bronx. Call for more information about the social service resources available for parents and children.(845) 452-4667

[www.astorservices.org](http://www.astorservices.org)



### \*Seasonal\* Recipes

Try this simple solution the next time you're looking for a healthy snack.

Ingredients: Nut butter, Apple, Carrot

Instructions

Simply make a nut-butter sandwich using apple slices, cut it into quarters, arrange the pieces as shown, and add a trimmed carrot stick.

Did You Know?....



Each 12-ounce soft drink contains approximately 10 teaspoons of sugar and 150 calories. Drinking just one can of soda a day increases a child's risk of obesity by 60%.

**Child Care Council of  
Dutchess & Putnam, Inc.**

*Connecting Children and Communities*



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## Who We Are...

Since 1970, The Child Care Council of Dutchess & Putnam, Inc. (CCCDP) has been an important resource between early childhood care and the community. CCCDP works to support and provide accurate child care information to families by promoting affordable, quality child care and by strengthening the early childhood workforce in Dutchess and Putnam Counties.

## Recalls

Visit the link to Consumer Product Safety Commission for the latest information about toy and equipment recalls. [www.cpsc.gov](http://www.cpsc.gov)

**\*Important New Crib Standards\***

Beginning **December 28, 2012**, any crib provided by child care facilities and family child care homes must meet new and improved federal safety standards. The new standards took affect for manufacturers, retailers, importers and distributors on **June 28, 2011**, addressing deadly hazards previously seen with traditional drop-side rails, requiring more durable hardware and parts and mandating more rigorous testing.

## Special Interests

### ***Backpack Safety***

Choose a backpack with wide, padded shoulder straps and a padded back.

Pack light. Organize the backpack to use all of its compartments. Pack heavier items closest to the center of the back. The backpack should never weigh more than 10 to 20 percent of your child's body weight.

Always use both shoulder straps. Slinging a backpack over one shoulder can strain muscles.

If your school allows, consider a rolling backpack. This type of backpack may be a good choice for students who must tote a heavy load. Remember that rolling backpacks still must be carried up stairs, and they may be difficult to roll in snow.

**For Resource Articles Visit *Hudson Valley Parent Magazine***

[www.hvparent.com](http://www.hvparent.com)